

# THE WATER-CURE JOURNAL

DEVOTED TO THE

## EXPLANATION OF THE PHILOSOPHY AND PRACTICE OF HYDROPATHY, OR THE WATER-CURE.

*"Wash and be Healed."*

JOEL SHEW, M. D., EDITOR.

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[WHOLE No. 45.]

The following extract from a letter addressed to the Editor of the "Freeman's Journal," published at Cooperstown, N. Y., was written in the autumn of 1846, from Graefenberg, Germany, by a lady who visited the water-cure establishment of Mr. Priessnitz, in company with Dr. Roof and family:

About 10 A. M. we left Neisse in a private carriage for Friewaldau, which we reached about 3 P. M. I cannot tell the distance, as every thing here goes by hours, unless it be the Dutch mile, which we have often heard of, but have not yet learned exactly to estimate it, as it is variously calculated from four to six English miles. The road from Neisse to Friewaldau winds among the mountains, and is beautifully diversified with hill and dale. The next day after reaching Friewaldau, we moved on to Graefenberg, where we still are. We were particularly fortunate in finding comfortable lodgings unoccupied, as we have since ascertained, it seldom occurs that a room is vacated without being engaged weeks beforehand.

Priessnitz has now, it is said, about seven hundred patients, or cure guests, as they are here called. We are daily more and more convinced of the importance of coming to Graefenberg, if we would un-

derstandingly engage in the water-cure, as however excellent books may be, they are by no means a substitute for experience and actual observation. Our opinion is confirmed by all the most intelligent and well-informed persons here.

The methods of treating disease and the applications of water are, to say the least, as various as in allopathy, must be adapted to the strength and peculiarity of constitution of the patient, and varied according to circumstances. Every symptom must be carefully watched, and the efforts of nature to expel the disease promptly assisted; neglect or carelessness in this respect is often productive of serious consequences. This renders it important that water practitioners should thoroughly understand their business, and also that their attendants should be prompt and faithful. Viewing the subject in this light, we have never for a moment regretted leaving America, notwithstanding the long, fatiguing, and sometimes perplexing journey, we were obliged to perform to reach here; and are satisfied that by remaining a few months we shall all become better qualified for any exigencies that may occur, than we could by staying at any other place four times as long. All we hope, is to qualify ourselves for usefulness in the several spheres it may be our lot to fill on our return home. Cures of

severe and obstinate chronic diseases are daily occurring, and persons leaving in the enjoyment of renovated health, who came here as a last resort; but it is not the work of a day, or a week, or a month even, as sometimes the patient is obliged to remain one, two, and three years; but after long suffering, he feels the more grateful for the healthful current and the exuberant spirits before despaired of.

I will now give you a brief description of Graefenberg. Mr. Priessnitz's house is the largest and most conspicuous. It stands on the side of a mountain, which is surrounded still by others, being something like some regions in your vicinity, where the summit of one mountain is the base of another. The house is large, the body of which fronts to the south, and an L to the east; there are three stories above the basement. Mr. Wright has given the dimensions of the Salle, or dining-hall, and I copy from him. This saloon occupies the third story from the ground. It is 120 feet by 40 feet, and 20 feet high. On the west end is the orchestra, which accommodates the bands of music, who often play in the saloon: there is always music during dinner on Sundays, and frequently on other days. It is near Poland, and whether they wish to keep up the custom of the ancient Polish nobility I know not; certainly no one seems to object to having music while dining. The white-washed walls and ceiling are now ornamented with figures which have some resemblance to heavy carving. The east end of the salle has a portrait of the Emperor. There are also six or eight mirrors, a small engraving of a portrait of Priessnitz, a map, &c., which finish the decorations of the wall; from the ceiling are suspended five chandeliers, which can be readily lighted when occasion calls. There is also a piano, and a centre-table furnished with a globe, and also with papers from various places and in different languages, though it is said his Imperial Majesty is very jealous of the introduction of English or American papers into his dominions, and it is about as expensive to receive a paper as a letter. The salle is lighted by two rows of windows, one above the other. The windows here all

open from the centre, and have generally an outside and inside sash. The offices of the house are upon the ground floor, and the family rooms in the next story; the rest of the house, I believe, being principally devoted to the cure guests. The house is surrounded by ten or twelve cottages, most or all of them belonging to Priessnitz, and they are all used as dormitories for the guests. About an eighth of a mile down the hill is the colony, containing about eighteen or twenty cottages, where patients are lodged when they are so full on the hill that no more can be accommodated, and notwithstanding their extensive domains, they are almost always overrun. The country all about Graefenberg has very fine walks, which are kept in excellent repair, although they are sometimes sadly torn by the mountain torrents rushing down them when swollen by heavy rains. The road from Graefenberg to Friewaldau is descending, but all others are up-hill; yet great pains have been taken to make them smooth, and they are so. Many of them lead through, and on the borders of, the darkest and thickest forests I ever saw. There are springs at convenient distances in every direction, each of which have their peculiar appellation, and many contain in that way some memento of Priessnitz or his family. There is one between Graefenberg and Friewaldau, surmounted with a beautiful granite monument, upon which is an inscription in French, dedicating it to the Genius of Cold Water. It is furnished with a handsome marble basin, through which the water passes off. Up the hill and through the forest are the Sophien, the Damen, Fichten, Bohemian, and Priessnitz Springs, and also many others, a description of which is deferred to a future time. From the summit of the hills, or rather mountains of Silesia, one looks down upon the plains below with enraptured delight; and I gazed upon the deep valley, enclosed on all sides, and looking almost as though there were no egress from it. I have imagined that the elegant author of *Rasselas* might have stood upon some one of the mountains of Silesia, and looking down upon the plains of Prussia, there conceived the idea of the

"Happy Valley." Friewaldau, a beautiful little town, lying twelve hundred feet above the level of the sea, presents itself to the eye as lying in a valley, Graefenberg being five or six hundred feet higher. The exact population or number of houses, I cannot tell, having heard both variously estimated. The town is very handsomely laid out, having an open square called "Der Platz," in the centre of which is the Stadt House, and the streets diverge from different directions. On one of the back streets stands the church, an ancient building, the exterior looking rather shabby, but the inside has been well preserved. It is finished with several arches which meet in the centre of the building, and is profusely supplied with paintings and imagery. The lamps and other furnishings are showy, if nothing more; the floor is a marble pavement; the organ is a good one, and well played, the Germans being excellent musicians. The people here are very devoted Catholics, as I suppose is generally the case throughout Austria.

Mr. Priessnitz has amassed a large fortune, yet preserves his primitive simplicity of manners, having risen to his present distinction from a condition of equality with the Silesian peasantry. He appears entirely above the petty distinctions of rank and fortune, and while his deportment is remarkably respectful, his attentions are as ready and as cordial to the peasant as to the prince. Devoted wholly to his business, he is always affable and approachable, and his face is ever lighted up with a benevolent smile.

#### WATER-CURE.

We have been waiting for some of our friends to send us an article upon this subject, as we feel not so competent to discuss its merits, as those who have practised it for the benefit of others; but as we wish to recommend it far and wide, we will relate a few incidents which have come to our knowledge respecting its virtues. In the first place, we have repeatedly tried it ourselves for slight pains, and found it the very thing that was needed. The other day a friend of ours was complaining of a very severe cholic, and upon

our opinion being asked as to a remedy, we directed him to take a cloth three yards in length, and about one yard wide, and wet in cold water a third of the length of it, which he should wrap around the parts affected, and the remainder of the cloth outside of it, to keep the air from getting to it, and also to prevent his clothes from being wet. The next morning we inquired for his health, and he informed us that he followed our directions, and was instantly relieved of the pain. We know of nothing equal to the wet bandage for all kinds of pain in the back, sides, pit of the stomach, &c., &c. The following course will, in most cases, cure the tooth-ache. Take a basin of cold water and rub your cheeks and face near the parts affected, while at the same time you hold a swallow of tepid water in your mouth, which you must renew every two or three minutes. If this does not remove the pain, put your feet into cold water in addition, and allow them to remain there five minutes or more. This we know, from experience, will be successful, and it is also the mode practised at Graefenberg. In regard to other pains, the application of water in almost any way is beneficial. If your child burns his fingers, instead of wrapping them in cotton and oil, or in any other "infallible remedy" for burns, &c., hold them in cold water until the pain is removed; and if he falls upon the floor, in his or her first effort in the mighty science of walking through the world, do not run for the camphor, the liniment, and, above all, for the rum; but do run immediately for the cold water, and apply that plentifully to the part affected, and depend upon it, the swelling will almost instantly be removed. If your grown-up son cuts his finger, and wounds his leg, apply the water in preference to any thing else, and if you yourself have the misfortune to fall from the roof of a four-story building, avoid all medicines and oils, and have yourself wrapped immediately in a wet sheet, and go to sleep in it; and when you awake, you may find yourself as well as a man in Northampton did, who fell from a building, eighty feet from the ground, some three years ago, we believe; and the next morn-

ing was able to walk about, all through the efficacy of the wet sheet. Water has more virtue than merely to remove intoxication from the land. No wonder that the scripture uses it as a type of regeneration. A friend not long since informed us, that he visited a person who had been given up by the regular doctor, who nevertheless had left some medicine for the patient to take, and he applied the wet sheet to him, which had such an effect, that when the doctor called the next morning, he expressed a great deal of surprise, attributing the unexpected change to the power of his medicine, and said, "Now, if water had effected such a change in so short a time, your water-cure folks would herald it as a great triumph." What was his surprise and mortification, on being informed that it was nothing but the medicine of God, even the pure water, that had accomplished so much, and that his poisonous prescription had been wholly neglected. We wish our friends would furnish us with facts similar to the above, that we may publish them for the benefit of all our readers.—*Christian Reformer*.

#### PROFESSIONAL OPINION OF HYDROPATHY.

A learned and elaborate work on Healthy Skin, by Dr. Erasmus Wilson, F.R.S., who is connected with several public hospitals, &c., in England, is, by Messrs. Appleton, of this city, re-published. From a chapter devoted to water treatment, we make a few condensed extracts:

"The water practice has effected important results in the treatment of disease, and will, I trust, be instrumental in restoring to Medicine one of her most valuable and important auxiliaries. Medical men may be jealous that these benefits have been 'conjured from the vasty deep' by other hands than those of the high priests of Therapeia; but they have no just reason of complaint: the treatment of disease by water has been neglected, &c., &c. \* \* \* It is true, Priessnitz has brought it to extraordinary perfection without the knowledge of anatomy, physiology, &c., but he would have done infinitely more, had he received a medical

education." \* \* \* It is true, that with the 'water-cure' every person can eat infinitely more than he could under any other circumstances, but excess may be committed, &c. Water only counteracts the evil effects. \* \* \* The wet sheet is the chef d'œuvre of Priessnitz. . . It possesses at the same time a sedative, soothing, and soporific property, calming the pulse, removing feverish heat from the surface, and allaying pain and irritation. \* \* The wet bandage is very useful in dyspeptic disorders: it is based on the soundest physiological principles, is safe, and easily tried. \* \* I have been familiar with the wet compress (or bandage) in a different shape, for many years, and have seen the most beneficial and surprising results follow its use." \* \* In the course of the chapter, Dr. Wilson examines the various principal modes of applying water, and shows at some length the philosophy of the benefits of the cold bath, taken while warm and sweating. This is now well-known to be perfectly safe and invigorating, provided there is no exhaustion of strength: the being hot, or in a perspiration, is no objection. The foot-bath is recommended for determination to the head and vital organs, for cold feet, &c.

Dr. Wilson, in considering the advantages of water-cure establishments, "trusts that the day is not far distant, when we shall see such institutions in the neighborhood of all our large cities, and at our watering places." This is fast being accomplished.

(From the *Deutsche Schnellpost*.)

#### MORTALITY IN THE ENGLISH FACTORIES.

A careful examination of the register of deaths in England has led to the significant result, that the soldier fighting in the trenches of a besieged city, or in open battle against the bravest enemy, is much less exposed to the chances of death than the factory operative of Manchester, Liverpool, &c. At the siege of Antwerp, the ratio of mortality was 1:68; at the siege of Bajadoz 1:54; at the battle of Waterloo 1:30. On the other hand, for the laborers in the factories in Liverpool it is 1:19; for the weavers in Manchester 1:47; and for the cutlers of Sheffield 1:14.

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SHIP FEVER, SMALL POX, &amp;C.

Those diseases called by the Faculty exanthemations, that is, those diseases that throw morbid matter to the surface of the body, where it appears in a sort of efflorescence, or "rash," are those for the cure of which water is particularly indicated. Ship fever is clearly a disease of this character, and it is not at all wonderful that human beings, shut up in the floating prisons called ships, for days and weeks, subject to morbid influences of an unmentionable variety, should die in the effort of the system to throw off the cause of the disease. We hold that pain and sickness are intended by nature to be remedial; in other words, that fevers, small pox, rheumatism, &c. &c., are the vital and recuperative efforts of the human system. Considering all disease, then, to be critical and remedial, the physician has two things to ascertain. 1st, whether the powers of nature, assisted by the best means, are sufficient to throw off the evil: in other words, whether the patient will live through his disease, with the best help; and 2d, What that best help is. From a pretty wide experience, we have come to the following conclusions:

Violent, or what is termed heroic treatment, by water, is not indicated in small pox. A succession of wet sheets, not too long continued, though the particular symptoms of the patient must determine the length of time; the dripping sheet used after the packing; the exclusion of light and the free admission of air, are the means to cure small pox. The dripping sheet is safer and more efficacious than the plunge bath in this disease.

though there are cases where the plunge bath may be taken with safety and benefit. But in much the larger number of cases, packing in the wet sheet, and rubbing after, with the dripping sheet, is the safe and efficacious treatment.

Ship fever is stripped of all its horrors under water treatment. The writer has treated it with entire success. Where the vitality of the system is great, long envelopments may be taken at first, and then the dripping sheet. The patient should lie in a wet sheet when not packed. It is cool, reviving, and very pleasant. As soon as the efflorescence is passed, the fever abates, and the dry sheet covering is then more pleasant and beneficial. So far as our experience extends, the fever has always yielded to this treatment in six days.

We hope the mortality among physicians from ship fever will induce them to examine the subject and the claims of Hydropathy. When the bewitched persons at Salem, in the good old times, began to accuse the judges and dignitaries, who had been judging and condemning witches, of being witches themselves, these great folks began to look about, to doubt and inquire. It behooves our doctors to do the same before they die. There are too many quacks who are meddling with water—we will not say with water-cure. This wonderful medical agent should be in the hands of the really scientific. The first of all duties is to spread among the people a knowledge of health laws, so as to prevent disease. Ship fever may be prevented as easily as it can be cured, if men but know the importance of cleanliness, proper food and bathing on board ship. After all, knowledge will avail nought, if a mercenary spirit crowds human beings into such space and conditions that all the laws of health must be viola-

ted. We must not only know what is right, but we must love the right above all wrongs.

**RHEUMATISM OF THIRTEEN YEARS' STANDING—PALPITATION OF THE HEART—RUSH OF BLOOD TO THE HEAD, ETC.**

The following interesting case, treated by Dr. Roof while at Cooperstown, he has handed us for publication, together with the treatment, as administered.

HARTWICK, N. Y., Feb. 8, 1848.

Dr. Roof:

Dear Sir,—Yours of 26th January has come to hand. I am happy to hear from you, that you are well and prosperous, and that suffering humanity are beginning to see the benefits arising from hydropathy, and as they become enlightened, are ridding themselves from the pernicious influence of drugs, and are resorting to hydropathy, thereby assisting Nature to throw off the ills that it is heir to. But I am digressing from my subject. You ask of me a statement of Mrs. West's case: this, I assure you, is a hard task to comply with. \* \* \* \* I will give you a brief statement of her case previous to the time of her taking treatment under your care in Cooperstown.

Mrs. West was 23 years old last November, and enjoys perfect health. All the treatment she takes at present, or has taken for six months past, has been the plunge bath every morning, and wet bandage, which she constantly wears. She first felt the effects of rheumatism at the age of 9 or 10 years, and has never been free from it until the present time. When she was 15 years old she was confined to the house, and for 13 years has been under the care of various physicians, receiving no benefit therefrom. She is, as you are aware, of a plethoric habit, with a preponderance of the nervous and bilious temperament. She has been troubled with a rush of blood to the head from youth, and a physician has been called several times, as a dernier resort, to stop bleeding at the nose. At two or three different times some of her friends thought she would

bleed to death, notwithstanding the means of prevention used. Since she commenced the water treatment, she has been free from this pressure of blood to the head entirely.

Previous to her marriage, which was in June, 1844, she had taken calomel and colchicum in great quantities, and finally all the medicines commonly given by allopathists. Her main disease, at that time, was rheumatism; her limbs were swollen, very much, and flesh very sore; this would last three or four months, and sometimes longer, then during the remainder of the year she would be able to go around the house, though not by any means free from pain. For two summers she took colchicum all the time, and thought she received benefit therefrom,—and probably did, for the time. During the time, she was bled profusely, quite often, and this course was continued up to the period she took cold water treatment, once or twice during the year, and *generally more*. She also had head-ache constantly during the time.

She has thoroughly tried all the powerful liniments and lotions known, as well as every medicine that any one recommended, all to no purpose.

Since her marriage in 1844, she has been confined most of the time with inflammatory rheumatism, in its worst form. At one time it was generally thought she must die. She had, by the advice of a council of physicians, three in number, commenced a mercurial course; and continued the same until salivation was produced. During the time was bled several times. In the course of this treatment, her limbs were relieved by a translation of disease to the bowels; then it was that her life was in jeopardy. She was in most acute pain two or three days, until bleeding copiously and large quantities of opium relieved her. From that time calomel was discarded entirely, and the more mild remedies (ACONITE) were tried—this was in 1846, in the spring. This bane she took during the summer; every day, commencing with one small pill, and increasing up to nine pills per day. Opium she took generally two or three times per day, and could find no relief without it. McAlister's Salve she thought at the time eased her somewhat. She used 16 large and small

boxes in all. For a long time she used the vapor bath, which eased her considerably. One winter she tried cold water, as it was recommended by a friend. I took cold water, at 37°, and poured it upon her at night; she then rubbed dry, and went immediately to bed. This course we discontinued in a short time, as it would probably have killed her, if we had not. This was the only idea we had at the time of hydropathy; and I find that people generally are not much better informed than we were; and this fact is what prejudices people generally against hydropathy—merely ignorance.

After Mrs. West had been given up as incurable by physicians, I was advised by a friend, whose family had received much benefit through the water treatment, to call at your establishment, then at Cooperstown, N. Y., and obtain your advice in regard to her case. After seeing her, you gave it as your decided opinion, that by a judicious course of water treatment, she might still become restored, but that it would require much time and perseverance to accomplish it. Thus encouraged, she resolved to make a thorough trial of this her only and last resort,—and never, never shall I repent it. My wife is now restored to health, the greatest blessing on earth. She took water treatment five months—ten weeks at your establishment, and the remainder of the time at home, following out your directions. She was also troubled with palpitation of the heart, from a child, a symptom which drugs never mitigated in the least; but Hydropathy has cured her. You will recollect that when I brought her to your establishment she was nearly helpless. At times, for months, I have lifted her on and off the bed, and assisted her to walk from one room to another. She, as you are aware, is quite fleshy and large.

I almost forgot to mention that Galvanism was also tried once a day for several months, also Electricity.

Very truly yours,

WHITING G. WEST.

REMARKS—[by Dr. Roof.]

Among the various "ills that flesh is

heir to," Rheumatism holds a very conspicuous place, having always baffled the skill of the most eminent physicians of the Allopathic practice. The agonies of its acute stages have sometimes been mitigated, but have left the patient always subject to much suffering, and liable to frequent returns of the disease; and the translation of the same to a vital part, often terminates in sudden dissolution.

The patient, when she came to the establishment, was nearly helpless, being unable to move from one room to another, or get in or out of bed, or even turn herself in bed, without assistance. She also suffered from palpitation of the heart, and rush of blood to the head.—These symptoms obstinately resisted all attempts to remove them during thirteen years; but they yielded to the water treatment, in an incredibly short time.

*Treatment.*—Wet sheet envelopments twice daily, followed by rubbings in the shallow bath at 70°; soon the temperature of the water was reduced to 60°; at the expiration of three weeks, the cold plunge was taken after the envelopments; at midday rubbing sheet and sitz bath for 25 minutes; at the end of five weeks the douche was taken also every day, at 11 A. M., for four minutes. The knees and ankles were bandaged day and night; the body bandage was also constantly worn. Water drinking to the amount of 8 or 10 tumblers was the daily allowance. A large number of boils made their appearance about the eighth week; also an eruption covering the entire chest and abdomen. The above treatment, with the exception of the sitz bath, which was discontinued to make place for the douche, and with other slight and unimportant variations, was persevered in to the end of the cure.

## CASE OF CHILD-BIRTH.

The following particulars of a case of child-birth, which came under Dr. Roof's care, at Oyster Bay, has been furnished by him :

On the 10th of October, about 2 o'clock A. M., Mrs. R. awoke from a sound sleep with indications of labor; the pains increased moderately, but regularly, until about 4 o'clock, when she gave birth to a fine healthy son, weighing 10 lbs.

During labor, cold wet bandages were applied to the abdomen, and often changed, the bandages slightly wrung out. She also drank water freely. As soon as practicable after delivery, she received a general ablution with towels, in water at 76° F. A warming bandage was then drawn tightly around the abdomen, well covered, and changed as often as it became dry. At 8 o'clock P. M. the towel bath was repeated, and the warming bandage renewed. Diet during the day consisted of dry toast, boiled rice, and currant jelly; drink, water.

On Monday, 11th, she rose in the morning, and was washed with a dripping sheet, in water at 72°; sat up 3½ hours, walking frequently about the room. At evening, the wet sheet washing was repeated; the wet bandage continued.

Tuesday, was washed in water at 70° for two minutes, and in the evening the dripping sheet; sat up nearly all day.—The three following days the treatment was the same, the temperature of the water being gradually lowered. Diet the same as usual before her confinement, always drinking water copiously.

On Friday she rode out about 6 miles; on Saturday, rode 4 miles in the morning, and in the afternoon about 6 miles, carrying the child. At the expiration of ten days the water was used quite cold; a sitz bath was then added to the other treatment once daily.

The infant was thoroughly bathed in a tub of water at 84° about fifteen minutes after its birth. A wet compress, well covered, applied to the abdomen, and changed as often as it became dry. At evening, the bathing was repeated in water at 82°. The bathing was administered regularly, morning and evening, the tem-

perature being gradually lowered, until to 55°. He was taken out daily, either to ride or walk, after the first week, sometimes riding 10 or 12 miles without any apparent fatigue. When four weeks old, he weighed 13 lbs., having never appeared at any time to be exercised with pain.

Mrs. R., about three weeks after her confinement, was one day riding when the sun shone oppressively hot for the season; she returned home, feeling quite ill, and soon was suffering from severe pains in the head, back, and breasts; pulse 125. Cooling bandages were immediately applied to the head and breasts, which were soon followed by an envelopment in the wet sheet, and succeeded by two dripping sheet washings. In the evening this was repeated, after which she retired to bed, and slept quietly all night; and the next day was as well as usual.

(For the Water-Cure Journal.)

## CASE OF APOPLEXY.

Dear Dr. Shew:—I now embrace the opportunity, some time since offered me, of making some reports of cases under my care, through your interesting Journal.

J. C. Jackson, a former patient of mine, at Cuba, Allegany County, and now a partner at Glenhaven, injured himself in getting a box of goods upstairs about the first of December last. The injury affected the muscles of the small of the back, and also the spinal cord at its lower section. This brought on cramping of all the muscles of the body, from which he had been relieved at Cuba. As we were then engaged in "fitting up" for the reception of patients, although he suffered intensely, he did not give up hard labor until the 14th December. When he gave himself up to my care, there was intense inflammation of the kidneys; great tenderness on pressure on the small of the back; urine scanty and red, with blood and sediment—passed with intense pain; great tenderness the whole length of the urethra. He was immediately put under treatment; restricted in diet, to a limited quantity, and that of the mildest quality. In a few days the character of the urine was somewhat improved, but his cramps still continued to visit him occasionally.



About the 25th of the month, there was great disturbance in the nervous system, and also in the circulation. Some symptoms of apoplexy began about this time to manifest themselves. Twice he fell to the floor, and appeared quite senseless.—Copious cold pourings upon his head soon restored him to consciousness. There was at these times twitching of the muscles of the face, with more or less pain in the *right half* of the body. There was also numbness, and imperfect use of the muscles for some time after. Urine continued scanty and high colored—was passed with considerable pain—but, on the whole, somewhat improved within the last few days. On the evening of the 29th he had a violent cramping attack.—The flexor muscles of the superior and inferior extremities contracted with great force. The muscles of his back contracted so powerfully as to bring his *head* well nigh in contact with his *heels*. This lasted some 25 minutes, with very short intervals of relaxation. During the attack there was a great rush of blood to the head. Did not sleep much during the night.—Great pressure of blood upon the brain the next day was manifested by the *strongest* symptoms. His face purple; eyes protruded; pupil reluctantly obeyed the light; pulse slow and heavy. He was *stupid* and not inclined to converse. Frequently he rolled his head from side to side, while his eyes protruded in a *horrible* manner. Derivative baths, with cold to the head, were used. The next day he was nearly the same. Some relief was obtained by treatment. On the evening of the 31st he had an attack of *genuine apoplexy*. I was immediately called. His pulse were but just discoverable; his breathing nearly gone. He was immediately taken and carried to the “plunge bath” and immersed therein. This gave the nervous system a slight shock. He made a feeble effort once to inflate the lungs, and all was apparently at an end. He was carried in, put upon the bed, and rubbed by all that could advantageously engage in the process. At the expiration of four minutes, the heart began to make a few feeble strokes. This could only be distinguishable by the application of the ear

to the chest. By perseverance in our efforts he began slowly to inflate his lungs. The pulse at length was felt at the wrist; vital warmth returned to the skin, and consciousness was restored after some 15 minutes. After this attack, felt and looked much better than he had the two previous days. Passed urine freely, but with some pain. Doubtless the diminished secretion of urine was the *strongest* producing cause of the apoplexy. Was kept under as powerful derivative treatment as he could bear. He appeared to be doing extremely well on the first and second days of January. Walked about his room with considerable elasticity of step. But on the evening of the second, without any premonitory symptoms, he was again attacked. He was immediately, to all appearance, lifeless. But, notwithstanding, he was carried to the “plunge bath” and immersed. No signs of life made their appearance, but a slight motion of the body like a spasm. Water was then dashed violently upon his head and face. Some slight indications of life were manifested as the result of this treatment, such as a slight gasp, and a stroke of the heart.—Cheered by these symptoms, he was carried to his room, and rubbed as before mentioned. But for five minutes no other signs of life appeared except a convulsive chattering of the teeth. The next symptom was a feeble gasp. Then the heart began again to flutter, and then ceased to move. But at length the pulse was distinguished at the wrist. The gaspings increased in frequency and force, until they became truly frightful to behold.—The blood-vessels of his face and neck were swollen well nigh to bursting. Such mighty efforts to regain free inspiration, and varied expressions of countenance, were truly appalling to the stoutest heart. The pupils of his eyes were dilated enormously, while the whole eyeballs protruded as though they would leap from their sockets. This is but a feeble description of the fierce encounter that the vital energies were engaged in, to combat the mortal foe, and assume their wonted rule. This combat lasted some 15 minutes.—Consciousness returned. The vital energies set all the machinery of life in mo-

tion, and J C. Jackson was with us once more. Among the first remarks he made was, "blessings on cold water. Had it not been for its power, I should have been with my fellow-laborers, in the land of Spirits."

From this time onward, his symptoms were decidedly better. There was some improvement in the urinary apparatus, yet there remained considerable irritability. The derivative treatment was still resorted to. Frequent half-baths, sitz baths, foot baths, (together with cold constantly applied to the head,) were resorted to. From this attack onward he had slight shocks almost daily; but by timely aid, many blows were warded off. From time to time there was more or less twitching of the muscles and numbness of the right half of the body. His tongue was at times paralyzed for some minutes. During some of these attacks his eyes were suddenly pushed from their sockets, as though force was applied to the posterior part of the eye-balls, and the pulse at the wrist would cease. But by copious pourings upon the head the pulse would return, and his eyes assume a natural aspect. These attacks varied in severity. He had some twelve of these. Copious pourings upon the head and down the spine, together with warm foot baths, were resorted to, to keep the enemy from actually taking possession of the citadel of life. Such treatment often compelled him to retreat.

Thus he remained until 11th January, in the morning, (vascillating between life and death,) when he was suddenly attacked while sitting in his chair. Water was dashed upon his head and poured down his spine, but all to no purpose. He was then taken to the "plunge bath," twice immersed, and all that could be perceived as signs of life, was a slight convulsive movement of the body. A large hand-basin was seized, and water from the bath was dashed forcibly into his face.—Another spasm was perceived. This gave us hope, and we persevered in our perilous enterprise. He was then put upon the lounge as before, and thoroughly rubbed. His abdomen became tympanitic. No pulse could be discerned, not even the slightest tremor of the heart; no effort at

inspiration could be detected for some ten minutes. There was then a slight gasping; the heart made a few feeble strokes, and all was still. His limbs straightened, became rigid, and the entire surface bloodless, save the dark venous hue of his face and neck. Twice the straightening and the tremulous quiverings of death came upon him. His eyes the while "set in his head," presenting a dull glossy appearance. Hot foot and hand baths made no impression upon the circulation. All hope seemed to have fled. But I resolved to make one more trial. He was carried into the cold air, and water dashed upon him. He was again relieved, and to our great joy and encouragement, a convulsive chattering of the teeth was manifested: Soon faint gaspings and feeble efforts of the heart could be detected. We toiled on, and in some 20 minutes from the attack, consciousness returned, as was indicated by a slight squeeze of the hand.—His eyes began to assume their natural expression, and he was eventually restored to hold "sweet converse" with his family once more. After this attack he was for some days quite comfortable; but still a tendency remained to another attack. On the evening of the 15th, he was seized with a violent rush of blood to the head. His eyes darted suddenly, as if to leap from their places; rolled wildly and fearfully on all around. By vigorous efforts, a dangerous blow was warding off. This attack lasted some half-hour, now advancing, now retracting, seeming determined to conquer. Notwithstanding all these discouragements, he held out with the most indomitable courage, still hoping and believing that the enemy would eventually be conquered.

Yours, truly,

SILAS O. GLEASON, M. D.

Glenhaven Water-Cure, Feb. 8.

(To be continued.)

"Mr. Guzzlefaction, I have discovered a new drink for you, suppose you try a little." "Well, I don't care if I do;" [drinks.] "It hasn't got a very bad taste to it, and if my memory serves me right, it is what they call water. I recollect drinking some when I was a lad."—*Selected.*

(For the Water-Cure Journal.)

## A DIALOGUE ABOUT SALT.

Mr. S.—I have often wondered why it is, Mr. W., that you Water-Cure people have so much objection to the use of salt. I have thought over the matter somewhat, and I cannot imagine any reason why it should not be used, as it always has been, to season our food.

Mr. W.—I have no objection to tell you our reasons; they may be summed up in three divisions: 1st. Salt is indigestible and has a tendency to prevent digestion; 2d. It is of no benefit to the system; 3d. It is positively injurious, on account of its irritating properties.

Mr. S.—Why, Mr. W., are you really serious? I never feel as if I could digest anything well without salt, and I think we should get along very poorly without it; but as to its being injurious and irritating, you must be joking!

Mr. W.—Not at all, as I think you will yourself admit in a few moments. Why do you salt your hams and your corned beef, your oysters and pickles?

Mr. S.—To keep them from spoiling, to be sure; but I don't see what that has to do with the question.

Mr. W.—By "spoiling," I suppose you mean undergoing a chemical decomposition?

Mr. S.—Yes, certainly; that is the scientific name for it.

Mr. W.—This decomposition, then, you acknowledge to be prevented by salt.—But the first process to which your food is subjected in your stomach is to be *decomposed*, by the chemical action of the gastric juice, is it not?

Mr. S.—So all the doctors tell us.

Mr. W.—It follows then that, as salt resists decomposition, it must hinder digestion, even according to your own admission.

Mr. S.—But how do you prove that it is indigestible itself?

Mr. W.—That is done as easily as the other. A thing is proved to be indigestible when it passes out of the system in the same state in which it went in. For instance, if a man should swallow cherry-pits or pebbles, they would be found to be indigestible by that rule, would they not?

Mr. S.—Certainly; I cannot deny that your rule is correct, but I do not see how you will apply it to salt.

Mr. W.—Because we find it to be thrown off from the system, in a state of solution, indeed, as it is when it is swallowed, but otherwise *unchanged in its chemical qualities*; it is, in other words, the same as when it went in. You can detect it in the perspiration, in the tears, as well as in other excretions of the body, which you surely cannot do with your beef and potatoes, can you?

Mr. S.—No, I cannot; but still, though it may come unchanged from the system, how can you prove that it does no good while it is there?

Mr. W.—That is proved by the chemical analysis of the human system, which shows that salt is not necessary for the formation of the blood, or any of the tissues or bones of the whole body.

Mr. S.—But still it may be innocent, and be used for its pleasant savour; I cannot imagine how you are going to prove it injurious.

Mr. W.—I think it injurious, that it hinders digestion, which you have already admitted yourself. But it does yet more than that. When you have eaten an uncommon quantity of salt at dinner, or a very large share of salt ham, or have breakfasted heartily on salt mackerel, how do you feel for some hours afterwards?

Mr. S.—Very thirsty, of course; everybody does.

Mr. W.—Just so; and if you cannot get anything to drink, how does your stomach feel?

Mr. S.—Very hot and disagreeable, I must confess.

Mr. W.—That proves, then, that salt causes an unnatural irritation and even inflammation of the stomach, which common sense will tell you must be injurious.

Mr. S.—Well, possibly it may be, in some slight degree. But how could we get along without it? We have salt in almost everything, animal and vegetable, and nothing tastes well without it.

Mr. W.—Your statement is a little too large. You do not put salt in your tea, or coffee, or wine, or drinking water, or in a great many other things; ice-creams, for

instance, taste uncommonly well without it; and yet there is no reason why you should not put it in them as well as other articles, except habit. If salt is proved to you to be *injurious*, habit is not a valid excuse for you any more than it is for the toper. Besides which, when you become used to food without salt, you will never feel the need of it.

Mr. S.—Perhaps I should not; but I do not think I could give up the habit so easily. Why, only think of it! Salt has been used by all civilized nations as an article of food, ever since the remotest antiquity. The whole world has become used to it.

Mr. W.—So the topers said at the commencement of the temperance reform, when a sideboard with a row of decanters was found in every respectable house, and in a large majority of them that were not respectable. And antiquity, at least as early as the days of Noah, was in its favour. Besides which, those who lived in the days of Copernicus might have said and did say the same thing with regard to the motion of the earth around the sun.—Their forefathers always said the sun went round the earth, and the Bible seemed to be of the same opinion; all antiquity was in its favour, and why then should they change? It is just so with salt. You must find some argument of more weight than mere antiquity.

Mr. S.—Then see how plentiful it is. We must judge from the bounty of Providence as to what was meant for the use of man, and surely a substance so plentiful as salt must have been meant for the service of man, as we find they always have used it.

Mr. W.—Excuse me; but your argument proves too much. For if the plentifulness of an article proves it was meant to be eaten, then were timber, earth and rocks meant by Providence as articles of food; nay, you must eat far more largely of them than of salt, because they are far more plentiful.

Mr. S.—You have a queer way of twisting a man's argument against himself! But look at the animal creation, and see how many of them, and those too which most resemble man in their internal

structure, find salt almost indispensable. The cow, for instance, will not give milk plentifully, and will even run dry at last, if she is not regularly supplied with salt. Does not this prove that Nature intended it for use?

Mr. W.—There are several ways of answering that proof.

Mr. S.—I should like to hear them; for this strikes me as one of the strongest arguments in favor of salt.

Mr. W.—The forcing the cow to give milk after the natural period required by the calf has passed, is an *artificial result*, and it is no wonder it should be aided by such *artificial means*, as salt. This does not prove it *natural*. Besides, the result is easily explained by the fact that the salt makes the cow thirsty, whereupon she drinks more water, which increases the *quantity* if not the richness of the milk.—Again, if it be sound reason to say that what is good food for a cow must be good food for man, I do not see why grass and clover, hay and straw, should not be brought on the tables of those who use salt; for the proof of their fitness as articles of human diet is precisely the same. One thing I will grant you, however; whenever you become a cow, and are expected to give from 12 to 20 quarts of milk a day, I shall not object to your eating as much salt as you want!

Both.—Ha! ha! he!

(*Exeunt, laughing.*)

(For the Water-Cure Journal.)

REMINISCENCES OF GRAEFENBERG.—NO. II.

Quelles, (Springs.)

At Graefenberg, morning sleepers are rare, if indeed there be any; all rise early, and after the invigorating cold bath, sally forth to a long walk, ascending resolutely the loftiest hills, to catch in the most elevated spot, the first rays of the morning sun.

Starting from Priesnitz' house, or the colony, we ascend a lofty and rugged steep, until we reach a path which leads through the forest, and directly find ourselves at the Joseph Quelle, and the severe exercise and consequent fatigue excites so much thirst, that a draught of water is very acceptable; but as no disciple

of Priessnitz will ever allow himself to taste water until his lungs are perfectly quiet, we seat ourselves upon the rude bench, which is placed at a little distance from the fountain, and after taking breath, fill the pocket tumbler with the pure sparkling element, which having quaffed with real zest, we proceed on the morning pilgrimage. Passing on through the dense forest a few rods, we look up and see, labelled, on an ancient tree, 'Marien Quelle;' here, we seldom have occasion to drink, yet, sometimes impelled by curiosity, or a love of variety, we step aside into a little deeply shaded glen, where, from the flinty rock, bubbles a pure fountain, which falls quietly in a bed of green mosses, beautifully variegated with a profusion of little wild flowers, among which the little blue Forget-me-not holds a conspicuous place: but delightful as is this fairy spot, we cannot linger, but hurry on to the next station, which is the Ferdinand Quelle.

This place is pointed out, as are many of the others, with a conspicuous card, fastened to the body of a large tree; this Quelle, as well as the others, has been fitted up by individual, or united effort.—The earth about the spring has a substantial wall of mason-work, and a deep stone basin to receive the water as it issues from its stony mouth, and affording also a subterranean passage for all its surplus; at this fountain are two outlets; and here, also, are seats fitted up as a resting-place for the weary pilgrim.

After resting here a few moments we will proceed; but instead of the beaten track, we will this morning take the wild, stony and uneven path up the hill, which, after a toilsome walk of ten or fifteen minutes, will bring us to the general rendezvous at Priessnitz Quelle.

This Quelle is fitted up in fine rustic style. The mason-work at the spring is in the form of a pyramid, and is mounted at its summit with a coiling serpent.—Wild flowers and lichens grow plentifully in the walls, having been carefully planted there while it was building. The water, which is colder than most of the others, is received in a marble basin at its base. It has in front of it a circular area of considerable extent, furnishing seats sufficient

to accommodate a large number of persons, and very few ever pass it without occupying them for a short time at least.

Connected with this Quelle is a romantic legend, which is indicated by the date 1642 inscribed on its front. It also bears date 1842, as the time of its present improved condition. Whether the story had a charm for others, I cannot say, but I acknowledge it had for me. Though there are several versions of the tale, the most probable one was this:

During the time when bloody wars were devastating Europe, a body of hostile Danes were marching through Silesia.—They halted near the house of a peasant, named Priessnitz, an ancestor of the present esteemed discoverer of the Water-Cure. He had a daughter, with whose beauty they were enamoured, and they seized and carried her off. The doting father, distracted at the loss of his beloved child, immediately pursued: and overtaking them at this place, attempted to rescue his darling from their ruffian grasp; but they, being the stronger party, overcame and killed him on the spot.

From Priessnitz Quelle we will now bend our steps homeward, as we have wandered about one mile and an half through the woods; but instead of returning by the way we came, we will descend the hill (which, by the way, is so steep that it is furnished with about seventy steps,) to the Boimisch, or Bohemian Quelle, at the foot. This is fitted up much in the same style as the others, and is a very convenient place for resting, lounging, and even gossiping, if one feels disposed so to indulge; though generally when reaching here we are ready to press onward, taking a direction opposite to the one we came; in descending the hill, we pass a deep wooded glen, from whence the dashing of the large douche falls like the roaring of a torrent heavily on the ear, while its locality is barely visible through the thick foliage that surrounds it. At a little distance we descend about a dozen steps and find ourselves in a kind of basin, the elevated ground forming a wall on one side, and the lofty fir trees on the other; here flows the Fichten Quelle, or Fountain of the Pines; it is a very small stream, but is

the coldest water to be found. It is truly a retired, shaded and romantic spot. Pursuing the path on the border of the forest, we soon reach the *Damen Quelle*, and a little to the left, in "deep embowering shade," is the *Damen or Ladies' Douche*. We now pass rapidly on till we emerge from the wood, where we meet the *Sophien Quelle*, so named in honor of *Madame Priessnitz*, but as this was undergoing improvements by a company of Hungarians, we will omit any description of it, and pass on for a few moments through cultivated fields until we reach the spot from whence we started; and as our walk has been extended to the distance of about three miles, we will, if you please, kind readers, bid you 'Gute Morgen,' and walk in and take breakfast. L. M. B.

Long Island, Jan. 31.

[Translated from the German of J. H. Rausse, by Dr. Charles H. Meeker, of this city.]

**"MISCELLANIES TO THE GRAEFENBERG WATER-CURE."**

We take great pleasure in announcing this work. Every Family should be possessed of a copy. The author is one of the oldest and most successful of the practitioners of the new system. We make the following extract from the translator's preface:

This book contains the physiological and pathological demonstration, why the medical method of cure must always result in injury. It contains at the same time, and first of all, the outline of a new doctrine of disease, which is deduced, as much from the results of the new method of cure, as from recognised physiological rules and fundamental principles. It is farther proved, in this work, that the pathology and therapy of the physicians, stand in contradiction with the physiology which these physicians recognise and teach from their professional chairs; and that the doctrine of disease brought forward in this book, contains nothing which is not a consequence fairly drawn from well known physiological rules. In accordance with the above, it need scarcely be mentioned, that this book is no therapy, and that no one may expect, with the assistance of this alone, to conduct water-cures. This work portrays a true picture of the nature of diseases, astonishing us with the sense of the reality that some of the so-called acute diseases are in truth a blessing rather than a misfortune, under correct hydro-therapeutic management; detailing in particular, and drawing a strict line of antithetical distinction between the medical and hyriatic method of treatment and cure, representing from the all-recognised principles and laws of physiology the injuriousness of the medical method, and the advantage and lasting benefit accruing from the hyriatic treatment of disease. It

presents, side by side, the effects of medicine and the effects of water upon every disease, so that all may observe the comparison, and draw the conclusion.

It is to be obtained at the principal Bookstores in the city.

**THE WATER CURE IN AMERICA.**—A collection of the most important and instructive cases of disease treated by water in the United States, furnished by the Principal Practitioners of Hydropathy, and others: with Descriptions of the leading Establishments, Publications, &c. Edited by a Water Patient. 12mo. Price 50 cts. in paper, (mailable); 75 cts. in cloth.

This important work, published by Wiley & Putnam, is now ready for delivery, and will be found invaluable to every Physician and philanthropist, as well as to individuals and families, being written in plain and popular style, and made easy of reference to any disease, or class of disease, by a clear and copious index. The principal contributors to the work, thus far, are Drs. Schieferdecker, Shew, Bedortha, Weaselhœft, and Underhill; but there are many strong cases and testimonials from other physicians, from clergymen, patients, and philanthropists throughout the country, many of which will be new and interesting. The work is edited by a gentleman, who, owing his own health and that of several friends to Hydropathy, has turned aside from his own avocations, at some inconvenience and loss, to make known in this volume (which he has stipulated shall be sold at a very low price) something more of the new system.

Certainly no work (on this subject) has yet originated in this country which can be compared to this, and we advise our friends to procure it at once, and to assist in making it known.

Two copies of this work will be forwarded by mail to any person sending us one dollar, free of postage.

Several communications have been omitted for want of room. They will appear in our next.

**JOHN BURDELL, DENTIST,**

Has removed from the corner of Broadway and Franklin street (formerly corner Chambers street and Broadway), to No. 7 Union Place and Square, south-east side of the Park, and east of Fourteenth street.

## INJECTION INSTRUMENT.

The French injection instrument is made upon a very simple plan, of India-rubber, being a sort of tube, having attached at one end a small metallic or ivory pipe. This is easily introduced into the lower bowel; water is poured into the opposite end, one, two, or three pints at a time, which is then easily passed into the bowels by pressure from the hand. We are assured these instruments, properly made, will last for many years. So important are clysters of water, every individual should have some convenience of the kind. The instrument above described is usually sold at \$1.50. Those who send us \$1, free of postage, can receive one, enclosed, through mail, at a trifling postage. Address the Editor, postpaid, New York.

## GLENHAVEN WATER-CURE.

THIS INSTITUTION, for the treatment and cure of Diseases by Water, will be opened for the accommodation of Patients, on and after the first of December.

The medical department will be under the immediate and entire control of Doctor S. O. GLEASON and wife—late of Greenwood Water-Cure, Cuba, Allegany Co., N.Y. They will give their entire attention to the treatment of such persons as may visit Glenhaven with a view to health.

The business department will be under the supervision of JAMES C. JACKSON, to whom all letters having reference to admission into the Establishment should be addressed. They should be directed "Scott, Cortland County," and post-paid, when they will receive prompt attention.

Glenhaven is situated at the head of Skaneateles Lake, and for desirableness of location is unsurpassable. It is quiet, with scenery of the majestic and romantic; fine, pure, dry air; with an Eastern and Southern exposure, sheltered by high walled mountains from the North and West winds.

The house is new and commodious, with rooms of good size. It stands six rods from the bank of the Lake, which stretches in width, opposite the House, three-fourths of a mile. Its elevation above the Lake is twenty feet. In the rear of the House, the ground rises moderately for some distance, when it makes a rapid ascent of one thousand feet in half a mile.

Six hundred feet up the mountain rise the Glenhaven Springs. Two of them make at one leap a fall of twenty, to thirty feet, one of them making a natural shower-bath of indescribable beauty. The water is very pure, perfectly soft, abundant, and in the summer at a temperature of 45 degrees above zero.

The great thoroughfare from Skaneateles to Homer, passes within 14 miles of the establishment. A stage leaves Skaneateles Mondays, Wednesdays, and Fridays, for Homer, and leaves Homer for Skaneateles Tuesdays, Thursdays, and Saturdays. Persons wishing this mode of conveyance can come to Scott, where they will find a good Hotel, the proprietor of which will send them to Glenhaven for a reasonable sum.

On the first of May, it is calculated that a new, well built Steamboat will commence running from the village of Skaneateles to Glenhaven, landing passengers at our door.

### TERMS OF ADMISSION.

Persons who do not need extra attendance will pay six dollars a week in winter, and five in summer. Those who choose to occupy a room alone, will be charged ten dollars a week. Bills payable weekly. This rule has no exceptions.

Each Patient must bring a linen sheet 1½ yards square, 2 good woollen blankets, 3 cotton comforters for packing purposes, 4 towels, and some linen for bandages.

J. C. JACKSON, GLEASON & CO.

## LOCKE'S PATENT SHOWER AND DOUCHE BATH, 31 ANN STREET, NEW YORK.

J. LOCKE will take pleasure in exhibiting to those who may seek him with a call, the peculiarities and advantages of his Baths. Prices from \$10 to \$18, and may be boxed and sent like merchandise to any distant part. For further particulars, address the subscriber, post-paid, 31 Ann street, New York city. Letters and orders will be punctually attended to.

## Works to be sent by Mail.

**THE WATER-CURE MANUAL:** Designed for general use. Embracing an account of Vincent Priessnitz and his Discoveries; descriptions of the Hygienic and Remedial Influences of Air, Exercise, Occupation, Clothing, and Diet; illustrated with many cases of treatment. By JOEL SHEW, M. D., Practitioner of Water-Cure. Price, retail, in strong paper covers, 50 cents; wholesale and to clubs, 30 cents. Containing a fine and accurate lithographic likeness of Priessnitz.

**HAND-BOOK OF HYDROPATHY,** or a Popular Account of the Treatment and Prevention of Diseases, by the means of Water. Edited by Joel Shew, M. D. Wiley & Putnam, New York.

**FACTS IN HYDROPATHY, OR WATER-CURE:**—A Collection of Cases, with Details of Treatment, showing the safest and most effectual known means to be used in Gout, Rheumatism, Hypochondriasis, Fevers, Consumption, &c. Compiled from various authorities. To which is prefixed Butler's Letter on Water-Cure. By Joel Shew, M. D., Practitioner of Water-Cure.

The Water-Cure Manual is now ready for sale at 47 Bond street, N. Y. It is printed from the best of type, on good paper, in 12mo form. This book, at so low a price, is intended strictly for the spread of the cause.

The Hand-Book of Hydropathy gives a succinct view of the Water Treatment, as applicable in different diseases to which the human system is subject.

These three works we can send by mail to any part of the United States, and, under the new post-office law, at a few cents' expense. The three together are afforded at one dollar. The Water-Cure Manual at 50 cents, or the Hand-Book and Facts at the same price; either of which sums may be enclosed and sent, post-paid, by mail.

**WATER-CURE FOR LADIES:**—A popular work on the Health, Diet and Regimen of Females and Children, and the Preservation and Cure of Diseases: with a full Account of the Processes of Water-Cure. Illustrated with various Cases. By Mrs. M. L. Shew; revised by Joel Shew, M. D. Pp. 156, 12mo. Wiley & Putnam, New York.

**PHYSIOLOGY, ANIMAL AND MENTAL:** Applied to the Preservation and Restoration of Health of Body and Power of Mind. By O. S. Fowler, Practical Phrenologist. Published at the Phrenological Cabinet, 131 Nassau street, by Fowler & Wells. Price of the work, mallable, 50 cents.

**LICENTIOUSNESS, AND ITS EFFECTS ON BODILY AND MENTAL HEALTH.** By a Physician. Wm. H. Graham: New York. Price 12½ cents.

**FACTS AND IMPORTANT INFORMATION ON THE SUBJECT OF MASTURBATION, FOR YOUNG MEN;** With its Causes, Prevention, and Cure. Dow & Jackson: Boston. Price 12½ cents.

**FACTS AND IMPORTANT INFORMATION, &c., FOR YOUNG WOMEN.** Dow & Jackson: Boston. Price 12½ cents.

The above works may be ordered from us through the mail.

## BOOKS ON WATER-CURE.

BELA MARSH, 25 Cornhill, Boston, has for sale, the large work on Hydropathy, or the Water-Cure: by Joel Shew, M. D. price \$1. The Hand-Book of Hydropathy; price, 37½ and 50 cents. The Water-Cure for Ladies; price, 50 cents. And the Facts in Water-Cure; price, 12½ cents. Also, Graham's Lectures on the Science of Human Life; and his Lecture to Young Men.

# NEW-YORK AND LONG ISLAND WATER-CURE ESTABLISHMENT, BY DRS. SHEW & ROOF,

**At 47 Bond street, New-York, and Syosset, Long Island.**

Both having studied with Priessnitz, at Graefenberg, Austrian Silesia, and the latter a member of the Scientific Hydropathic Society of Germany.

This Establishment, having been discontinued during the winter, (in consequence of the absence of Dr. Shew in Europe, and Dr. Roof being required to attend to the business in the city,) will be re-opened on the first of April, for the reception of patients. Passage daily, from Fulton Market, by steamer Croton, at 3 o'clock P. M., or persons can go as far as Hicksville by the Long Island Railroad, where a stage is in readiness for conveyance to Syosset—time,  $\frac{1}{2}$  past 9 A. M. and 4 P. M.

One of the Physicians will be in constant attendance. The location is a most salubrious, healthful, and beautiful one, being entirely surrounded by the sea. The water is the purest of any known, and the most abundant.

The terms of Board and Treatment at this place are as follows:—Medical fee for a full investigation of the patient's case, and original advice for treatment, \$5. To clergymen and families, and to the needy, medical advice gratis. Board, Treatment, and all necessary advice, after the first consultation, \$7 to \$14 per week, varying according to the room, the length of time, and the amount of treatment in the case; this sum to be paid weekly.

N. B.—Each person should bring two good woollen blankets, two heavy sheets, (linen are best, but cotton answer a good purpose), two comfortables,  $\frac{1}{2}$  dozen coarse towels; or the use of these may be hired in the Establishment.

## NEW LEBANON SPRINGS

### WATER-CURE ESTABLISHMENT.

In view of all the facilities here afforded for the practice of Water-Cure: the abundance and variety of water; the picturesque scenery; the pure and exhilarating mountain air; its central situation—so near to the great thoroughfares which connect East and West, North and South—the establishment will, doubtless, continue to receive its due share of patronage. It has now entered upon its third year. At the central house, the various Baths, as Plunge, Shower, Douche, Hose, Fountain, Eye, and Ear, cold or warm, are so constructed as to be comfortable, inviting, and easy of access by invalids, at all times. The rooms are so warmed as to render them perfectly comfortable, even in the coldest weather. For such as can go abroad, a bathing-house has been built in the beautiful glen, thirty rods distant from the Infirmary, adapted to the entire treatment, with an ever-flowing and living Plunge and Douche Bath—the latter descending thirty feet perpendicular; the column two inches in diameter, and white with motion. This Douche is without a rival.

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